

Course Name: Sports Psychology

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DISCUSSION ON SPORTS CAREER TRANSITION

Hello everyone, in this particular section we are going to have two discussions. One is going to be with Dr. Chaitanya Sridhar and the other discussion is going to be with Mr. Rajan, and, you know, both the discussions are extremely important because you will understand psychological strategies from a psychologist perspective and also you will understand the player's strategies in terms of how to actually deal with retirement, from the player's perspective.

Hello everyone, hi Priyanka, welcome. So today we are going to be having a discussion on retirement, you know, the psychological aspects especially associated with retirement. People think sport is so much about performance. I think one of the things that we really need to also understand and look into is, you know, preparing to retire, right? and I am guessing Priyanka has spoken and, you know, I think if we could start with what you saw in your own research, during your MPhil, what are some of the feelings, and what do athletes go through especially in the build up? Let us start from there. Yeah, yeah, I think some of the things that athletes actually speak about or the feelings associated are about, of course, there is a feeling of sadness, there is a feeling of emptiness, "what will I do without the sport?" And apart from that, there is also, you know, that anger that, you know, something is taking me away from this particular sport which I have really invested so much time in and what am I supposed to do? I was so passionate about it but the goal that I had, the aim that I had is no longer there.

So yeah, that happened to some of the athletes, some people who, you know, chose to retire by themselves. Maybe they spoke about the fact that, "my career is done here." So basically, what

next? Where can I invest my energies? What can I actually invest in terms of getting better in other aspects of life rather than just focusing on life? So what I hear is that emptiness, you know.

It is really, and that is what it is; it is like, you know, also what was coming to me, Priyanka, as you were talking was, the stages of grief because what you were saying was denial, anger, acceptance, and then rebuilding. So it is kind of, because it is, I mean, you know, something that has been part of you for so long is slowly actually coming to an end, and as much as we know it, I think it is difficult, right? It really is like any retirement from anything, but I think especially with sports, and of course we are talking about sports because we are sports psychologists, the shelf life in sports is so small; it is very limited.

So, you know , it also takes up so much of your time and energy. The process which goes into becoming a sports professional probably has not given much time to think of anything else. Yeah, yeah. and I think one of the things that most of you, at least, do not get in touch with is grief. Yeah. Because you have spoken about grief, I feel that that is one thing which is so essential; it is important for you to grieve the loss. Yeah.

Right, like for there to be renewal, I think it is so important to be in touch with yourself and be in touch with the fact that you are missing this particular thing. Yeah, you make space and hold that grief, that sadness that something is coming to an end; no matter how wonderful it has been, it is still going to be difficult, no matter, and especially where it is abrupt, right? It is sudden; I think that is even more challenging. I think you are absolutely right. It is like, can you sit with your feelings rather than rushing to something else? Yeah, because I mean, some of the athletes would want to distract themselves and think, “Oh, big deal, I am no longer with sport. Let me just do something else. I will do something more fun than sport.” But then, you know , you have invested your time in sport, and you cannot really just think about something else without really closing this chapter. Yeah, yeah, precisely.

It is like how when we prepare the field, right, you first have to clear it, and then you sow, and then comes the harvest, and then again there is time given to heal. Yeah. I think it is very, very essential, and, you know, something that I have seen is athletes, players who have taken their time to go, “Okay, I am actually coming to a close. I am going to be retiring soon, and also, how

do I want to invest my time next"? I think they will probably cope a little better. Yeah, yeah, absolutely. Planning is one of the most important things.

In fact, I have also quoted saying that most of them did not plan. Yeah. But the need to plan is so much higher. Like, once they retired, a lot of people felt that, there was a need to plan because, you know what exactly you want to do, and I think accepting that the sport career will end, like the way you said that it is a short career. So, it can end any time.

Yeah. And there are so many new people who are coming in, and their performance is also better. Yeah. Yeah, you know, I think, what you are saying because I remember working with this young cricketer. He is obviously still playing; he is quite young, and, he was talking of, you know, certain prize money that came from a tournament, and then I said, "How are you going to invest it?" And, you know, and also again, it was, I think, we had a lot of time during COVID, right? To like, to go into depth, and then I said, "What do you want your life to be even post (retirement)? and this is a very young cricketer who is doing well. It wasn't so much about your retirement as such, but I am like, I want you to start pondering on it. and it is very interesting because the next time he said, "You know, ma'am, I actually want to invest it because I want to start a cafe" later on, and I think, you know, Priyanka I think that is very important because it is not just about thinking about retirement, as we come closer, but also knowing that, listen, you are probably going to be 35 maximum when you leave the sport.

So it is good to start not obsessing and worrying but to think about, "Okay, what next?" It is very important, and what you said about acceptance, and also I kind of feel like sometimes also accepting that "this is actually not working." I want to give this example of this very young cricketer who is going through injury after injury after injury, and, you know, how it is. It is a professional sport, you know, there are already, I mean, he was very good, but the point was there were youngsters coming in, and I remember one of the sessions he said, "You know, ma'am, what do you think?" and I said, "listen, I can hold the mirror for you, but it has to be a

decision that you take, but I also don't want you to be hasty in taking it" and, also, to start looking at "can I..." and he was extremely smart, so I said, "You need to start building ", because his career was unfortunately cut short with injury but he had not built his education either because there was not time and then he was like, "But , you know , can I start now?". So I was like, "It is never late; you don't have to quit immediately, but I think you should also start thinking of it, you know, so give yourselves, let us say, another year, and if nothing is working, also then take a call and by then start building up, you know, your non-sport life as well or non-sport career."

I remember this one particular athlete; he knew that education had to be a priority for him, and he also knew that, you know, tennis was not really working for him like the way it has to. So then he was like, you know, he really had to consciously make that decision that, "For me, the priority is this", and this can take a backseat. Because I think, you know , what we are saying is that if a player goes into denial, right, and you continue, it is not about quitting immediately, but then there is just going to be a lot of frustration, and then there is no support, especially, let us say, you know, if you don't have a family support or like, you know, some of them have the benefit of like falling back on a family business, but I don't think everyone has that. So I think it is really to sit and go, "What is working and what is not working?" Absolutely and I think having that courage to tell yourself is one of the most difficult things because we think that somebody who is not performing well, it is easier for them to actually leave the sport, but I think it is equally tough for anybody.

I think, you know, one of the things is, again, this was a young athlete who was injured; she came back, but then she just felt that, "Listen, I don't think this is working..." But it was also, you know, how it is, right? when you come back into competition, and it is really not going exactly your way and so , you know , Priyanka, with her, I said, "okay I want you to go start preparing, that I am going to start to move out of this sport." we didn't use the word retirement as such, maybe let's say in six months, and prepare yourself; see how it is to be a non-athlete, especially for the very young ones, because I wasn't sure that was the right thing. But then it is not for me to take that decision, right? So I said, and then slowly you come to terms with it, and it was really tough, you know? It is just so tough because there is just, you know, you have a routine, you have practice, you have college, and then suddenly you are like, "how do I do this?"

I think you are bringing up such an important point in terms of athletic identity and retirement, right? Because like the way you said, their whole identity is revolved around being an athlete. I remember some of the athletes in my study also spoke about how they had a separate identity because of being in sports. Everybody recognized them, that, okay, this person, you know, has one gold medal, this person has been doing so exceptionally well in sports, and suddenly that is no longer there; you are like every other person. It is the image, right?

Yeah, it actually also ties up to my PhD , you know , because image management and image concerns are something that we do see as an integral part of sport, especially when athletes are retiring, and let's say, you have performed at the elite level, you know, you are known, you are used to, also your, let's say, that persona coming to terms with. 'I am not going to have any of this.' So to recognize that, listen, this is not the end of the world; this is one image of mine or one persona, and 'I am also something else,' like, for example, Chaitanya is also just a normal human being , you know , and I think, and, you know, let's dwell on that a little, Priyanka, because I kind of feel like , you know , sometimes you also see ex-professionals, sports professionals, getting in really small controversies, commenting on everything, and kind of drawing attention, but in a very negative way—not like , you know , this very constructive criticism. I am not saying that, but like, you know, you kind of see, and then it all makes me wonder, going, "What is happening here?" You know.

Absolutely, I mean, again, I think what you are speaking about is also like, you know, that image management is so necessary, and I am also wondering about, you know, are people grieving once that image is lost and they want that image in some way? It is a very interesting question, right?

It is almost like this is one part of you; it is no more. Right, and coming to terms with that, you know?

And you have gotten attention from that, and people have recognized you through a certain way because of your sporting excellence and the career you have had, and suddenly it is gone, and somewhere you have been in the media light. So your media light, the way you are treated, and the way things move in your life may not really be similar, maybe the same. I remember this one particular athlete who had reached the highest level, and then for him to make a transition into a life without having any media light was extremely tough. And he was also grieving that loss, like, "I really miss this, you know, I do not have this attention anymore. Who am I?" So I think that whole identity had to really build around the fact that I am a human being. I am not just an athlete. I have so many other things; I have to develop new interests, new hobbies, and new passions.

I think that was brilliant, "Who am I?" You know, even when we look at performance, right, we always say, "Do not attach yourself just to the result. Your worth is not dependent just on your performance", and then here when we are talking of retirement, your athletic identity has probably taken a new turn. You will still be known for what you have done, and that is if you really performed it at that level, but also there are going to be others coming in.

I think that "Who am I?" was a brilliant way, and how many of them actually have even pondered on it? It can also be a very, what is the word, beautiful space to actually really get to know yourself and, you know, a metamorphosis into the next. Next level, like, if we take someone like Rahul Dravid, right, you know, a great player, then it is like, you know, then he was still involved in coaching and now is one of the best Indian coaches. I kind of feel his example is a beautiful way of how he handled retirement. I mean, he is still contributing.

I think that is one of the keys, because I think what you are saying, and, as we are teasing this out, it is like, yes, the image is one, but you were known because of your contribution. Then how can you continue to contribute?

A friend of mine, I think, as you are speaking, a friend of mine had quoted once saying that, "You know, you have to be so comfortable with failing." So when you are actually leaving something, it also feels like, you know, you have to move out of it. So basically, I think that is

something that I am coming to terms with. Because it was literally like, Yeah, make peace with the fact that probably this is no longer there. And it is okay for this to happen.

Well, yeah, so that is one side of the coin you are saying. When someone, let us say, has to quit because of performance, and also, you know, I think also the corollary of that is also knowing when to call it quits. Because sometimes we see that, you know, it is coming, but then if it drags, you know, then from being on a high, it just really tapers. I know now a lot of associations actually have a conversation and dialogue, but I think it is also really a tough space. I want to give this example of one of the wives of one of the elite players, so apparently he also knows he is close (to retirement), and he was not coming to terms. So, you know, she called out and said, "Listen, he is not ready, but can I help in some way?" So I said, "I would not force a person when they are not ready to come for a session," but I said, "As a support system, I think you can play a very vital role as well".

What was the finding? I am sure they must have; I know I was involved in your project, in a small way. You did. But it was yours. So what about the role of the support system you feel? I think it is so important to have that support network, you know, because I think that is something that we have told in every aspect, right? Be it even with respect to performance or even with respect to retirement. I think that support system is so important because I think athletes have teammates as their important support system, and when they are no longer there, they have to really make new friends. And building that circle will take time because you will not connect to everybody the same way. Yeah I think that is a brilliant point.

And apart from that, it was also about the role family plays. I mean, how supportive they are, how sensitive they are towards the athletes who are actually leaving the sport. So basically I think that, you know, probably making an effort, giving space to the athlete, encouraging them to think about what next? Because your life does not end, it is just a career in this particular area, has ended. So I think these things really made a lot of difference to people in terms of, you know, a wife being supportive or, the parents being extremely supportive, and some parents also spoke about how they had, like, tough conversations with their children and said that, "You know what? This is not going anywhere". So I think it is important that you take a decision.

Yeah especially if a child is suffering and, you know, either for no performance for a long time or, you know, it has ended due to an injury, I think it becomes very, very vital. Like here, how this wife reached out. I think also what you were saying, what I was also pointing out, is something that we do in our sessions, is I always ask players to please build, you know, stay in touch with your close friends, not just from the sport but someone you have probably grown up with or built a relationship with because what you were saying, like, when you quit the sport and then they are still performing, they are still there. Not that they do not want to be, you know, involved in your life, but sometimes the athlete may not reach out.

Yeah. You know, like sometimes even when an athlete is injured and, let us say, it is the Asian Games or one of the main or even a tournament, they often say, "It is like, ma'am, it is so difficult." I should have been there, and it is just so, so, so heartbreaking. I think it is like even as we are having this conversation, Priyanka, I kind of feel like, you know, it is such a tough conversation, but I think it is also so essential to also really hold this very sensitively, I feel. And maybe, you know, actually associations and coaches also guide in this.

I think, unfortunately, one of the things that I found in my study was, like, a lot of people that I reached out to, you know, how I was actually struggling to get participants for my study, and so many people that I reached out to did not even have contact numbers of people who had retired, like, in the past two years. They were like, "We don't have it." There was just one coach I remember; he had, like, so many numbers. He had all the athletes' contact numbers, but it somewhere shows that, you know, we tend to forget people who are leaving the sport.

Exactly, I think you brought in a very, very essential thing, so maybe, you know, like following from what Priyanka's study was, also look at it as, Okay, what have they contributed in some way to make it momentous? and then guide them into what will be your second innings.

I think that would be really nice, right? I like the term, "second innings." I heard it from you; itself.

I think media brings in certain words and , you know , some can really be strong, like I know a lot of the cricketers are like now with golf, whether that is recreational golf or whether, they turn pro is one thing, but I kind of feel it is very essential to know how to channel the energy, and who knows, you know, in the second innings what may happen.

Absolutely. Yeah. Is there anything you would want to add in this? It is your baby, your thesis, so... I just feel that, in the end, I just want to say that it is so important for us to be so supportive towards people either being in sports or even wanting to leave sports. I think we focus more on performance, but even when somebody is actually retiring, I think they require a lot of emotional support. So we really have to be sensitive towards that.

I think I'm also thankful we're actually having this discussion because it's such a vital part, right? Your player, how do you support? I always say it is when the chips are down, or you know, when they're moving. I remember reaching out to one of the players I'd worked with, and I'm like, you know, he took the right decision and everything, and I still felt like I'm like, you know, I'm here, and, you know, you've really contributed, and he's like, "Thanks doc, this meant so much." So I think, you know, really, really, you know, being mindful of how we also say, "thank you," and how we say, "goodbye," than just saying, "Okay, you need to just put the boots down."

So this was great, thank you so much, Priyanka. Thank you.

Hello everyone, welcome to this wonderful discussion with Mr. Rajan. Thank you so much, sir, for making time and coming. You already met sir in the previous session with Ms. Nivedita, and in this particular session we are going to be talking about retirement, but before we move forward, I think I would really take this opportunity and privilege to introduce you all again to Mr. Rajan.

He has been a former international basketball player, and he was also, you know, the former captain of the Indian basketball team. So privileged to have you and also have this amazing,

insightful discussion with you, sir.

Thank you very much.

So first of all, because we are talking about retirement and it involves emotion, there is so much intensity; there is passion towards sport. My first question to you is, why did you leave sports? What was your reason? I feel any sportsman has got a lifespan, and it's good that, especially if you take my own example, I've been with the Indian team for about 15 years and been a regular member of the team day in and day out. And then when you are in your peak, you want to be in your peak for some years, and then you want to, especially, I felt that I should leave the sport when I'm still good. It's not continuing to just go on and on and on and trying to push yourself over the limits. So, I always felt that it's good to leave the sport when you're in the high. And when people after that, when you leave the national team and then you go back to the state team, people should still remember that, "yes, he can still be called for national duty." That's how I thought about it.

I joined the Indian team as a young kid, about 17-18 years old, and I was there for more than 15-16 years with the Indian team, continuously, without missing a championship. So I said it should be a good retirement rather than just trying to push on, pull on, and trying to continue with the sport.

Absolutely. I mean, building upon this, you know, I just want to ask you, is it important to think of leaving the sport or retiring from the sport for athletes? Yes, it's very, very important to be prepared because you are used to the limelight, the kind of facility you get, the kind of fan following, and the kind of coverage in the media, and when a good player plays well, you're covered well, and also the people look up to you. So it's a different ball game for more than 15 years, and you're used to that limelight. So, much in advance, it's very, very important for a sportsman to think, a sportsman's life; if you look at many top international athletes, it's not more than 34-35 at the highest level. So you have to start thinking by when you're in your late 20s and 30s, early 30s: what's next after sport? And if you think that I would keep on playing, it's not possible, so you have to retire at some point of time.

So it's very, very important that you start getting mentally into that stage of accepting that at some point of time I should plan my retirement. So that becomes very easy, and how you plan your retirement, whether you want to have a big game and then retire. So you have to take the help of your very close family, your wife, your parents, your children, and your coaches, like those you feel that you're very well attached to. You can talk to them and start discussing your retirement plans and then take it forward. And I think that for every sportsman, it's very, very important to plan your retirement as you are in the peak of your career so that you don't feel left out and you don't feel lonely after you retire.

Yeah absolutely and you've made certain important points here. One is, I think you've spoken about the fact that sport is short-lived, right? A career in sports is short-lived. So planning and thinking about leaving the sport how you want to, you know, leave the sport and what are you going to do after you leave the sport becomes extremely important. And I think you've also brought in an important point about having the support system.

Like, for example, talking to your wife or, you know, and I think that is something that you did right personally when you had to leave the sport. You spoke to all the important people, and my question is, did you continue keeping in touch with the sport after leaving the sport? Oh sure, I think that every sportsman should continue in some way, you know. Like, after my sport, I still played for my club and for state for a couple more years, five or six years. And when I called it totally quits, I was still involved with the administration of sport. I was, I am involved in the administration of sports, and then I was involved in coaching young athletes and young players.

I was involved with the selection of the international team regularly and also was a regular person who was following not only the Indian sport but also the other good teams that are doing well internationally and keeping in touch with the sport.

Right, and I think this brings me to one of the questions, like sometimes what happens is because the pain of leaving the sport is so much. Some people are so hurt that if they keep in touch with the sport, it's going to hurt them more. So they want to completely avoid the sport, you know; they wouldn't want to go back and train or probably, you know, let's say that if it's in basketball or badminton, they are like, I don't want to—I don't even want to see my racket.

And that's true; it happens to many sportsmen because the problem is you have realistic goals and unrealistic goals. Suppose after a certain time, you know, that you want to be a national-level player or top player; everybody works towards that, and it's only about one or two percent of the people who take up sport, reach that highest level in the world. It's not that the lacks of people taking up every sport, whether it's basketball, cricket, or tennis, but everybody cannot reach that level. So you have to, as you gradually go, you have to accept: what is your standard? How much are you improving? What are your chances? So if you look at all that, I think a person can understand that and be satisfied that I have taken a sport, which has given me a lot of other inputs in life, which is very, very helpful, and it's not only playing at the national team.

Sport teaches you a lot of things, so you can take that. But if you are not looking at that, then you feel disappointed, or sometimes somebody feels that I should have been selected with the club team or the IPL or the national team and things like that. And then you're disappointed, saying that I'm not selected. You might not have been selected for various reasons because sometimes the selectors feel that there is already a slot which is occupied, but you feel that you could have gotten there. There are various factors, so if you're dejected and you leave a sport, then what happens is you don't want to get back into it, which happens. It's human nature; it happens to some of the sportsmen, but I always advise people that irrespective of what you do, try to see a realistic goal and continue with the sport because it teaches you a lot of things in life, and it also helps you lead a healthy and fit life.

Absolutely, and I think you've made an important point here because a lot of people who do continue to keep in touch with the sport, be it being physically active or, you know, playing at a club level or continue keeping in touch with the sport, I think also feel that connection is still there with the sport.

That's right. You're very right. Somewhere or the other, you can always be connected with the sport. Various federations have their online programs for certification and continue to contribute because you have 20 years of very high experience, which you can give to the next generation, and it will be useful for them.

Absolutely, sir. So I think you brought up an important point here where you actually spoke about sports skills can also be translated to other areas of life.

So, you know, when athletes are leaving sports, so many of them think that, you know, "other than sports I can't do anything else". So could you throw light on this aspect? See this is a very good question and important for every athlete to think about life after sport. So in foreign countries you have mentors, so you have certified mentors, you go back to them, so they are there to guide you, for example, they help you to analyze how you're good, after the sport like whether you like to continue as a coach manager, you want to do a psychologist program or you want to be certified as a fitness trainer or you want to, you know, be a scouting person or a certified coach. All these things. There are a lot of openings. Then there are a lot of courses which various colleges, which the government has got both evening colleges and then you have online programs, so you can do the certification or you can do those higher courses and be ready, be market ready. And the most important thing is today, most of them, whom you interact and you ask big CEO or read his article, he says, "if I have a few people in the interview who come for interview and with the qualification and experience and if there is a person who's pursued sport at some level competitive, I would prefer the sportsman", because he has got a lot of qualities. Because, in sports you learn to take victory and defeat in your stride, it's a day in and day out, you're used to it, you don't get too attached, then you're goal oriented, you know, because you want to achieve and you want to grow to higher level, you have to be a goal oriented person then you have dedication. Because, if you look at most of the sportsman till they retire, they practice on an average five to six days a week, maybe, two to three sessions a day, six hours of practice, day in and day out, and even sometimes when you're down you're not too well, you work on the other areas. And then you also have commitment and then you are passionate about the team. So, in corporate also it's important for team building, you know, so many of the corporates and many people look for sportsmen who are retired and who have the qualifications or who can up their skills and be qualified. So, I'm sure that sports has talked a lot and if you take my own example, I did my business administration, I did my personal administration and I also did do the mentorship programs, so you upgrade your skills and it helps in your corporates world. Absolutely.

I think like, you know, remembering what are the lessons that you've learned from the sport and translating that into your corporate life. Yes, absolutely. That's a very important thing to do.

So, one of my last questions to you is, sometimes people are undecided about leaving the sport and then they probably don't know how to actually communicate it to the parent or the coach about it; what do you think can be helpful or what did you do for that matter?

Retirement from any sport is a tough decision, especially for top athletes who have been there for more than 15-20 years in a sport, and there is another factor, there are children who have not reached the goal and have done in college, a sport, and now they want to retire from it or because they would have had a goal to be a top player and work towards it, but then they have to take the counselors help or the help of the coaches, and tell the parent that “now I'm finishing my college but I have not reached the stage of what I was looking at, so I would continue with the sport in some way, playing for a club but at the same time I would get myself corporate ready, you know, do the next higher education and not concentrate full-time on a sport, but I will still continue with the sport because it helps”,

Then there are the top athletes, the top athletes you really need to..because you're used to it for 15-20 years, the kind of limelight, the kind of daily practice, you're used to a routine, you know, so once you're used to the routine, you miss it because you're not going to follow the routine, you're not going to see that kind of, you know, the people watching you on action and all that. So, you need to work for this, for about one to two years, much before that, thinking about how you want to retire. First you think about it, think how long you want to continue and then slowly confide with very close family, people. Then there'll be some coach who's been, maybe, a childhood coach or a coach or somebody who's very close, very close friends, whom you have their help when you're growing and you have confidence in them, so talk to them slowly about retirement; how to think, so you'll get a lot of inputs on that. Talk to some senior players who have retired gracefully, how it is to take retirement, so you have to take the help about a year or two before and get all those inputs and take the best out of it and then when you start thinking about it, it makes it more easier than abruptly, somebody says they don't need you anymore because you're trying to prolong your career by playing and thinking that, “I'm still what, I was in my peak, I'm still good”, your thought process is like that and then if you are not selected, you lose heart.

Instead of that, try to prepare at a certain stage. Be realistic, so if you take the help of very close family people who are your well-wishers, you're very close, there'll be some bonding, coaches whom you have worked with. I think, they were the best people who will guide you and help you to make it a smooth transition from sport to the life after sport, right.

I think, I know that I've already asked like, I had one last question but as you were talking, I just had this thought in my mind that, how is life actually after retiring from sport? if you take it positively, it's very very nice. initially, for a year or two it's quite tough because you're used to the daily routine of whatever time you get up in the morning for your training, then you miss many of those good friends around, the bonding, your team bonding, your national team bonding; all these things you miss. But then, everything has a phase in life; it's from school, you miss your friends, you go to college, you miss your friends, then you work, you work for 40 - 50 years, 60 years, you retire. Then you look for, you have to find ways to enjoy it and say, "yes, I have done my bit and worked hard and played. Now, I have to look at the next phase. so how I try to be in the sport?" . Either helping young budding players or try to get into a state team national team, coaches, managers, whatever you like to do in the sport, be attached with the sport or be an administrator. So that will not take away all that missing , you know , the missing link will not be there, you will feel happy that you are in the sport.

I think you brought in such important points wherein you've spoken about, there are feelings around it, but you also need to learn to manage and navigate through it. That's right, you're very, it's a touchy feeling because you miss all that after being there for such a long time, even if you play at the highest level of club, if somebody is not even a national player but he's played for a club level for more than 15 years at the highest level, day in and day out, he misses all that because you have totally a different committed lifestyle. To be at that level it's not easy, so you miss all that but then you have to accept the next phase and go ahead and look forward for it.

Yeah, thank you so much, sir. I think it was so insightful and there was a lot of learning and you've shared your personal experiences.

I think it was a wonderful discussion. Thank you so much for taking time and talking to us about it. Thank you, it's a pleasure, always for anything for sport. Thank you